

“Help! I am Being Abused!”
John 18

“Sarah was abusive to Hagar and so she ran away.” Genesis 16:6

“He’s a bully. He won’t listen to anyone.” 1 Samuel 25:17

“Why do you keep tormenting me with such words? Time after time you insult me and you show no shame for the way that you abuse me.” Job 19:2, 3

“The churning inside me never stops; each day confronts me with more suffering.” Job 30:27

It wasn’t a fair trial!

The number of witnesses was not correct.

The witnesses did not agree.

The nature of the accusation was changed.

A man arrested for a capital crime could not be arrested at night.

If a man was arrested for a capital crime no one who cooperated in the arrest could in anyway be associated with the accused.

No Jewish trial could be held at night.

A court was not to immediately pass judgment on a capital crime.

Witnesses had to be called before a prisoner could be questioned.

A prisoner could be asked no question which would incriminate them of a capital crime.

How can I deal with abuse?

1. Don’t keep it a secret.

“Whatever you can’t talk about – you are in bondage to.”

“The truth will set you free.” John 8:32

“I said, ‘I will not say anything while evil people are near.’ So I kept quiet, not saying a word.....but my suffering only grew worse, and I was overcome with anxiety. The more I thought, the more troubled I became; I could not keep from asking: ‘Lord, how long will I live? When will I die? Tell me how soon my life will end.’” Psalms 39:1-4

2. Name the abuse.

Eight common characteristics of emotional abuse:

Aggravation

“My enemies taunt me day after day. They mocked and cursed me.” Psalms 102:8

Intimidation

“They tell lies about me and they threaten me.” Psalms 109:2

Denigration

“They make fun of me and they ridicule me.” Psalms 22:7

Humiliation

“I’ve been insulted, put to shame and humiliated.” Psalms 69:19

Manipulation

“They jeer, they use words to kill; they bully their way with words.” Psalms 73:8

Domination

“They push hard to make me fall.” Psalms 118:13

Defamation

“They spread rumors about me, and conspire against me.” Psalms 31:13

Condemnation

“They mock me with the worst kind of profanity, and they snarl at me.” Psalms 35:16

3. Don’t minimize it, don’t rationalize it.

“Don’t be fooled by those who try to excuse their sins, for the anger of God comes upon all those who disobey him.” Ephesians 5:6

4. Help them to a safe place if necessary.

“Remember people in prison as if you were there with them, and look on victims of abuse as if what’s happened to them happened to you.” Hebrews 13:3

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.” Galatians 6:2

5. Don’t confront an abuser by yourself.

“By yourself you’re unprotected. With a friend you can face the worst. Can you get a third person? A three-stranded rope is not easily snapped.” Ecclesiastes 4:12

“Take no part in the worthless deeds of evil with darkness; instead, rebuke and expose them. It is shameful even to talk about the things that ungodly people do in secret. But when the light shines on them, it becomes clear how evil these things are. When your light shines, it will expose their evil deeds.” Ephesians 5:11-13

6. Begin the healing process.

“Put your heart right. Reach out to God. Put away any evil and wrong from your home. Then face the world again firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more. Your life will be brighter than the sunshine at noon, and life’s darkest hours will shine like the dawn.” Job 11:13-17

7. Let God settle the score.

“Never repay one wrong with another, or one abusive word with another; instead repay with a blessing. That is what you are called to do, so that you inherit a blessing.” 1 Peter 3:9

“The Lord is close to the brokenhearted, and he saves those who have been crushed.” Psalms 34:18

“Christ never verbally abused those who verbally abused him. When he suffered, he didn’t make any threats but left everything to the one who judges fairly.” 1 Peter 2:23